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5-Minute Cabbage

A radio interview between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Friday, July 14, 1939, in the Department of Agriculture period of the National Farm and Home Hour over facilities of the National Broadcasting Company's Blue Network.

--ooOoo--

WALLACE KADDERLY:

Now for the "consuming" side. That is ways of using cabbage. For this we call upon Ruth Van Deman, of the Bureau of Home Economics. Ruth, if you had only two minutes to tell about uses of cabbage what would you say?

RUTH VAN DEMAN:

I have something that fits that exactly: the most popular recipe the Bureau of Home Economics ever worked out for cooking a vegetable is 5-minute cabbage.

KADDERLY:

Did you say for cooking a vegetable----5 minutes?

VAN DEMAN:

Yes sir, cooking it to the Queen's taste. At least a lot of people who can't eat old-fashioned boiled cabbage eat this quick cooked kind and like it.

KADDERLY:

And they don't find it hard to digest?

VAN DEMAN:

Not at all. You see, it's the sulphur compounds in cabbage---that you bring out when you cook it for a long time in a covered kettle---they're what cause the trouble often times.

When you cook cabbage just long enough to soften the tissue it doesn't have a chance to take on that strong flavor. It's mild and sweet. And green cabbage keeps its green color. Why, Wallace, it's almost like pale green jade. You could write a poem about it. - - -

KADDERLY:

As if I could write a poem about anything.

VAN DEMAN:

Certainly, you're a poet---anybody who describes the sea, and the trees, and the sky the way you do.

But another thing about this quick-cooked cabbage. It has practically all the food values that nature put into a cabbage head.

KADDERLY:

The way the nutrition people keep on finding things in the cabbage head some of the old jokes about cabbage may have to be revised.

(over)

Now, in a flash, can you tell us exactly how to fix that 5-minute cabbage?

VAN DEMAN:

Certainly. I'll just put it in general proportions. Shred the cabbage rather fine---that is just shave it up with a sharp knife. And for each quart of shredded cabbage allow a pint of milk. Some cream or top milk makes it extra good.

Heat the milk, and when it's scalding stir the cabbage in, and let it cook for 2 or 3 minutes. Then stir in blended flour and butter, to thicken slightly---not enough to make it stiff or the least bit pasty. Let the thickening cook rapidly for 3 or 4 minutes more. Season with salt and pepper. And cover the kettle and let the cabbage stand on the back of the stove for 10 or 15 minutes---to keep warm and give the flavor a chance to "ripen".

And there you have it---minerals, vitamins, everything.

KADDERLY:

And something mighty good to eat, it sounds like to me.

VAN DEMAN:

Yes, I can guarantee that too.

KADDERLY:

Well, once more, Ruth Van Deman, we are obliged to you,---for adding the home economics touch to these broadcasts.

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